

# Fill up on Fibre

All dietary fibre comes from plant foods and can be classified into **soluble fibre** and **insoluble fibre**. Both types of fibre are beneficial to the body.

## FUNCTIONS OF FIBRE

### Soluble fibre

- Improves blood sugar levels
- Lowers blood cholesterol as part of a low saturated fat diet
- Helps in weight control as it provides a fuller feeling with meals

### Insoluble fibre

- Promotes regular bowel movements
- Prevents:
  - Constipation
  - Diverticulosis
  - Haemorrhoids
  - Some cancers

## SOURCES OF FIBRE

### Cereals and grains

Low fibre (< 1g/serve)	Moderate (1-4g/serve)	High fibre (>4g/serve)
<ul style="list-style-type: none"><li>• White pasta (1 cup)</li><li>• Breakfast cereals (Cornflakes, Rice bubbles, Special K, Nutrigrain, Cocopops, Froot Loops, Frosties, <math>\frac{3}{4}</math> cup)</li></ul>	<ul style="list-style-type: none"><li>• Barley (<math>\frac{1}{2}</math> cup)</li><li>• White rice (<math>\frac{1}{2}</math> cup)</li><li>• Egg noodles (1 cup)</li><li>• Macaroni (1 cup)</li><li>• Breakfast cereals (Just Right, <math>\frac{3}{4}</math> cup Weet Bix, 2 biscuits)</li><li>• Rolled oats, raw (<math>\frac{1}{2}</math> cup)</li><li>• Toasted muesli (<math>\frac{1}{2}</math> cup)</li></ul>	<ul style="list-style-type: none"><li>• Brown rice (<math>\frac{1}{2}</math> cup)</li><li>• Wholewheat pasta (1 cup)</li><li>• Breakfast cereals (All Bran, Bran flakes, Swiss museli, <math>\frac{1}{2}</math> cup)</li><li>• Oat bran (<math>\frac{1}{4}</math> cup)</li><li>• Oatmeal (<math>\frac{3}{4}</math> cup)</li></ul>

## Bread and biscuits

Low fibre (< 1g/serve)	Moderate (1-4g/serve)	High fibre (>4g/serve)
<ul style="list-style-type: none"> <li>• White bread (2 slices)</li> <li>• Croissant (1 medium)</li> <li>• Sponge cake (1 slice)</li> <li>• Plain sweet biscuits (2 pieces)</li> <li>• Plain crackers (3 pieces)</li> </ul>	<ul style="list-style-type: none"> <li>• High fibre white bread (2 slices)</li> <li>• Wholemeal bread (2 slices)</li> <li>• High fiber wheat cracker (3 pieces)</li> </ul>	<ul style="list-style-type: none"> <li>• Multigrain bread (2 slices)</li> <li>• Wheat bran bread (2 slices)</li> </ul>

## Fruits

Low fibre (< 1g/serve)	Moderate (1-4g/serve)	High fibre (>4g/serve)
<ul style="list-style-type: none"> <li>• Canned fruits (¾ cup)</li> <li>• Cantaloupe (1 wedge)</li> <li>• Cherries (½ cup)</li> <li>• Fruit juices (1 cup)</li> <li>• Grapefruit (½ average)</li> <li>• Grapes (10 pieces)</li> <li>• Pineapple (½ cup diced)</li> <li>• Raisins (1 tbsp)</li> <li>• Sultanas (1 tbsp)</li> <li>• Watermelon (1 wedge)</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado (½ whole)</li> <li>• Banana (1 medium)</li> <li>• Coconut dried (1 tbsp)</li> <li>• Cranberries (¼ cup)</li> <li>• Dates, pitted (2 pieces)</li> <li>• Fresh fig (1 piece)</li> <li>• Fresh peach (1 medium)</li> <li>• Fresh plums (2 small)</li> <li>• Honeydew melon (1 wedge)</li> <li>• Kiwi fruits, peeled (2 small)</li> <li>• Mango (1 medium)</li> <li>• Orange (1 medium)</li> <li>• Papaya (1 wedge)</li> <li>• Prune juice (1 cup)</li> <li>• Strawberries (1 cup)</li> </ul>	<ul style="list-style-type: none"> <li>• Apple with skin (1 medium)</li> <li>• Blackberries (½ cup)</li> <li>• Dried apricots (3)</li> <li>• Dried figs (3)</li> <li>• Pear with skin (1 medium)</li> <li>• Prunes pitted (3)</li> <li>• Raspberries (½ cup)</li> </ul>

## Vegetables & Legumes

Low fibre (< 1g/serve)	Moderate (1-4g/serve)	High fibre (>4g/serve)
<ul style="list-style-type: none"> <li>• Capsicum (½ cup)</li> <li>• Cucumber (10 thin slices)</li> <li>• Lettuce (1 cup)</li> <li>• Onions (1 tbsp)</li> <li>• Parsley (1 tbsp)</li> <li>• Popcorn (1 cup)</li> <li>• Radish (½ cup)</li> </ul>	<ul style="list-style-type: none"> <li>• Asparagus (1 cup)</li> <li>• Bean sprouts (½ cup)</li> <li>• Beetroot (½ cup, sliced)</li> <li>• Broad beans</li> <li>• Cabbage, cooked</li> <li>• Carrot (½ cup)</li> <li>• Cauliflower (1 cup)</li> <li>• Celery (½ cup)</li> <li>• Green beans (½ cup)</li> <li>• Lady's fingers (½ cup)</li> <li>• Mushroom (5 small)</li> <li>• Parsnip (1 small)</li> <li>• Tomato (1 small)</li> <li>• Turnip (½ cup)</li> <li>• Watercress, cooked</li> <li>• Zucchini (½ cup)</li> </ul>	<ul style="list-style-type: none"> <li>• Baked beans (1 cup)</li> <li>• Black beans (1 cup)</li> <li>• Broccoli (¾ cup)</li> <li>• Chick peas (½ cup)</li> <li>• Corn (1 medium ear)</li> <li>• Corn kernels (½ cup)</li> <li>• Green peas (½ cup)</li> <li>• Kidney beans (½ cup)</li> <li>• Lentils (¾ cup)</li> <li>• Potato with skin (1 medium)</li> <li>• Spinach, cooked (½ cup)</li> <li>• Split peas (¾ cup)</li> <li>• Sweet potato (1 small)</li> <li>• Yam (1 medium)</li> </ul>

## HOW MUCH FIBRE DO YOU NEED?

Current recommendations suggest that **adults** consume **20 to 35 grams** of dietary fibre per day. **Children over age 2** should consume an amount equal to or greater than their **age plus 5 grams** per day.

Please contact Call-A-Dietitian Hotline 983 22 983 if you have any further nutrition-related queries.

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